

# **SERVICES FOR OLDER ALEXANDRIANS**

## **Alexandria City Council**

William D. Euille, Mayor

Redella S. Pepper, Vice-Mayor

Ludwig P. Gaines

Rob Krupicka

Andrew H. Macdonald

Paul C. Smedberg

Joyce Woodson

## **City Manager**

Philip Sunderland

**The City of Alexandria complies with the terms of the Americans with Disabilities Act (ADA). If you need this document in an alternative format, contact the Office of Aging and Adult Services at 703-838-0920, TDD\* number 703-836-1493. Please provide at least 10 calendar days advance notice. If you would like additional copies of this directory, please call 703-838-0920.**

**\*TDD/TTY numbers are connected to special equipment to help the hearing impaired.**

**\*\*V/T Regular voice service.**

**Alexandria Department of Human Services  
Office of Aging and Adult Services  
2525 Mount Vernon Avenue  
Alexandria, VA 22301-1159  
Phone: 703-838-0920  
Fax: 703-838-0886**

## **AGING NETWORK**

**Alexandria Department of Human Services**

**Office of Aging and Adult Services**

**Area Agency on Aging, Aging Office.....703-838-0920**

**2525 Mt. Vernon Avenue, Unit 5**

**\*TDD 703-836-1493**

**Alexandria, VA 22301-1159**

**(Call the above office for information that may not be included in Directory)**

- Information, referral, outreach, home/client assessment, and assistance to Alexandria residents 60 years of age or older and their families;
- 24-hour response to complaints of abuse, neglect, or exploitation of older persons and disabled adults;
- Contracts with local agencies to operate two senior centers, featuring varied activities and hot meals;
- Operation of Special Transportation Unit which takes participants to Senior Centers and on regular shopping trips;
- Operation of the Alexandria Adult Day Services Center for 20 frail elderly, coordination of home delivered meals and liquid supplement deliveries;
- Participation in operation of Regional Long Term Care Ombudsman Program to resolve complaints concerning nursing homes, homes for adults, and in-home care;
- In-home assessments; coordination of care for person receiving companion and assistance services;
- In-home assistance with cooking, cleaning, shopping, and personal care for frail, low-income adults;
- Coordination of a Guardianship Program to serve the needs of incapacitated low-income elderly;
- Pre-admission screenings for Medicaid Personal Care Waiver, Adult Day Care Waiver, and nursing home admission;
- Employment training and counseling for low-income elderly through two federal older worker programs;
- Contract with Legal Services for client casework and community education;
- Planning by Alexandria Long Term Care Coordinating Committee to identify and fill gaps in long-term care community services;
- Staff support for 21-member Commission on Aging, the advocacy arm of the agency, and the 17-member Commission on Persons with Disabilities;
- Assistance with the operation of City programs including the Life Safety Alert System, rent-relief, and fan care programs;
- Health insurance counseling, call 703-228-1732
- Assessment of needs of Alexandria's elderly and planning for future programs and services;
- In-Home and Respite Care Information to assist persons with dementia and their caregivers;
- Coordination of services to elderly between public and private agencies;
- Fund-raising for programs to benefit low-income elderly;
- Monitoring and evaluation of programs for the elderly as mandated by the Older Americans Act.

**Services provided through the Office of Aging and Adults Services do not discriminate on the basis of gender, race, color, national or ethnic origin, religion, or disability.**

**Commission On Aging.....703-838-0920**

The Commission on Aging, composed of 21 citizen members appointed by City Council, studies, makes recommendations, and coordinates existing and proposed programs to serve the aging. Also provides advocacy for aging issues. Public meetings held monthly. Call for time and location.

**Virginia Department For The Aging**

Preston Building  
1600 Forrest Avenue, Suite102  
Richmond, VA 23229

**Toll Free Information Line.....1-800-552-3402**

**CITY AND CONSUMER INFORMATION**

**Alexandria City Hall.....703-838-4000**

301 King Street  
Alexandria, VA 22314

**[www.ci.alexandria.va.us](http://www.ci.alexandria.va.us) (website for all Alexandria city government agencies)**

**Administration on Aging Public Inquiries Service.....202-619-0724**

**[www.aoa.gov](http://www.aoa.gov)**

**Alexandria Aging and Adult Services Office..... 703-838-0920**

**[www.ci.alexandria.va.us](http://www.ci.alexandria.va.us)**

**\*TDD 703-836-1493**

**Alexandria Citizens' Assistance.....703-838-4800**

City Hall

Alexandria, VA 22314

**\*TDD 703-838-5056**

Provides help for problems with City services and information and referral for City-sponsored programs.

**Alexandria Department of Human/Social Services..... 703-838-0700**

2525 Mount Vernon Avenue  
Alexandria, VA 22301-1159

**[www.ci.alexandria.va.us](http://www.ci.alexandria.va.us)**

**Alexandria Human Rights Office.....703-838-6390**

421 King Street, Suite 400

Alexandria, VA 22314

**[www.ci.alexandria.va.us](http://www.ci.alexandria.va.us)**

Enforces the non-discrimination provisions of the City's Human Rights Ordinance, including discrimination based on age.

**Alexandria Human Services Information & Referral.....703-838-0900**

General information and referrals to appropriate social service agencies.

**[www.IandR.Com](http://www.IandR.Com)**

**Alexandria Office of Consumer Affairs.....703-838-4350**

City Hall

Alexandria, VA 22314

Resolves issues with local businesses.

**Alexandria Office on Women.....703-838-5030**

110 N. Royal Street, Room 201

Alexandria, VA 22314

Offers a wide range of services for women of all ages, including job search assistance. Health and community education services, and domestic violence and sexual assault services (see p. 9 for 24 hour sexual assault hotline)

**www.alexwomen.com**

**Alexandria Voter Registration.....703-838-4050**

132 N. Royal Street, Room 100

Alexandria, VA 22314

Voter registration and applications for absentee ballots.

**Benefits CheckUp.....For information only.....call.....1-800-373-4906**

otherwise go to [www.benefitscheckup.org](http://www.benefitscheckup.org) to learn if you are eligible for any state and/or federal programs. This confidential and free service does not require you to give your name, address or Social Security number. You must provide your zip code to direct you to the closest location for services.

**Civil Rights Hotline.....1-800-368-1019**

**www.hhs.gov/ocr**

Information regarding discrimination on the basis of race, national origin, disability or age, in state Health and Human Service programs.

**Consumer Credit Counseling and**

**Educational Services of Greater Washington, Inc.....703-836-8772**

801 North Pitt Street, Suite 117

Alexandria, VA 22314

**www.cccswdc.org**

Counsels families and individuals with financial problems. Provides assistance in renegotiating on time and delinquent home mortgages and other credit payments. Also assists those needing reverse mortgages and first-time home buyers. **Free service.**

**Consumer Product Safety Commission Hotline.....1-800-638-2772**

**www.cpsc.gov**

Provides information about specific consumer products.

**Virginia Department of Agriculture & Consumer Services**

1100 Bank Street, Suite #100

Richmond, VA 23219

**Consumer Protection Hotline.....1-800-552-9963**

**www.vdacs.state.va.us**

**Hearing Impaired.....1-800-828-1120**

Information on how to become a smarter consumer. Provided assistance with consumer complaints, advice on consumer issues, dispute resolutions alternatives, plus information on regulated programs.

**Department of Motor Vehicles..... 1-866-368-5463**

**Photo ID Cards**

2681 Mill Road

Alexandria, VA 22314

**www.dmv.state.va.us**

Evidence of name and date of birth may be used to obtain an I.D. card for non-drivers.

- Eldercare Locator..... 1-800-677-1116**  
 Nation-wide service to help families and friends find information about resources, services and programs for older adults.  
**www.aoa.dhs.gov**
- Guide to Retirement Living..... 703-383-1111**  
**www.guidetoretirementliving.com 1-800-394-9990**  
 Magazine lists Metropolitan Area senior housing options and care resources including independent and assisted living, nursing homes, and home care agencies.
- Information and Referral Service (Statewide).....1-800-230-6977**  
 This statewide information and referral service connects you with your nearest Information and Referral Specialist to get information, resources, and volunteer opportunities in your community.  
**www.vaiandr.com**
- Long-Term Care Ombudsman for Northern Virginia.....703-324-5861**  
 Resolves complaints concerning nursing homes, homes for adults, and home health care.
- Memorial Society of Northern Virginia..... 703-271-9240**  
 4444 Arlington Boulevard  
 Arlington, VA 22204  
**www.funerals.org**  
 Membership society provides information about death and burial; pre-planned funeral arrangements.
- National Association of Retired Federal Employees (NARFE)/Service Center 703-256-6936**  
 Telephone assistance with retirement problems of federal employees.  
 Open Tuesdays, noon to 3:00 p.m.
- National Fraud Information Center.....1-800-876-7060**  
**www.fraud.org**
- National Insurance Consumer Helpline.....1-800-942-4242**  
 Consumer information telephone service responds to questions about life, property, and casualty insurance.
- Real Estate Tax Relief and Personal Property Tax Relief Programs (see Housing Section p. 23)**
- Safe Return Program..... 703-359-4440**  
**www.alz-nca.org**  
 Alzheimer's Association of the National Capital Area provides ID bracelets that assist Police officers in finding and identifying persons with memory loss who wander.  
 Small one-time fee.
- SeniorNavigator.Com.....1-866-393-0957**  
 A non-profit, free public service and website for Virginians seeking local health and aging resources for seniors and those who care about them.  
**www.seniornavigator.com**
- Senior Helpline.....703-425-0999**  
**www.jcagw.org**  
 Jewish Council for the Aging provides information and referral for a wide range of senior services.

**Trash Pick-up/Environmental Services.....703-751-5130**

**Virginia Office of Consumer Affairs..... 1-800-552-9963**  
**www.vdacs.state.va.us**

## **UTILITY COMPANIES**

**Verizon Telephone Company..... 703-954-6611**  
**www.verizon.com** \*TDD 1-800-564-0999  
Information about special rates for Medicaid clients 703-876-7000

**Washington Gas Company (natural gas).....703-750-1000**  
**www.washgas.com** \*TDD 703-750-7975  
Gas Leak.....703-750-1400

**Virginia-American Water Company.....703-549-7080**  
**www.vawc.com**

**Dominion Virginia Power (electric company) 1-888-667-3000**  
**www.dom.com** \* TDD 1-800-552-4015  
Call for information on Gatekeeper Program, large print bills, third party notice, and  
priority service for life support devices.

## **COUNSELING SERVICES**

**Alcoholics Anonymous (Northern VA Intergroup).....703-876-6166**  
8501 Lee Highway  
Fairfax, VA 22031  
**www.aavirginia.org**  
24-hour hotline for emergencies. Clearinghouse for information and referral

**Alexandria Mental Health Center.....703-838-6400**  
720 N. Saint Asaph Street \*TDD 703-838-4320  
Alexandria, VA 22314  
24-hour help for emotional crises; Geriatric Assessment Team. The Center provides  
special consultation on age-related issues.

**Alexandria Substance Abuse Services.....703-838-4525/4109**  
2355A Mill Road  
Alexandria, VA 22314  
Provides consultation on drug and alcohol abuse. Educational services for groups and  
individuals. Offers residential detoxification services at Regional Detoxification Center.

**Center for Multicultural Human Services.....703-533-3302**  
701 West Broad Street, Suite 305  
Falls Church, VA 22046  
**www.cmhsweb.org**  
Cross-cultural counseling in Spanish, Vietnamese, Korean, Farsi and many other  
languages. Sliding scale fee. Private insurance accepted.

**First Step.....703-538-2872**  
**www.dominionhospital.com**  
Free, confidential mental health information, assessment and referral service.

- Haven of Northern Virginia.....703-941-7000**  
 4606 Ravensworth Road  
 Annandale, VA 22003  
 Volunteers provide emotional support for terminally ill and bereaved. General & AIDS bereavement support groups.
- Inova Comprehensive Addiction Treatment Services (CATS).....703-698-1530**  
**3300 Gallows Road**  
 Falls Church, VA 22042  
**www.inova.org**  
 Detoxification and rehabilitation services on inpatient or outpatient basis. Fee for services.
- Jewish Social Service Agency (JSSA).....703-204-9100**  
 3018 Javier Road 2<sup>nd</sup> Floor  
 Fairfax, VA 22031  
**www.jssa.org**  
 Provides information and referral, counseling, home visit assessments, and friendly visiting for older persons. Non-sectarian.
- Mental Health Referral Association of Greater Washington.....703-960-0116**  
 6101 Beech Tree Drive  
 Alexandria, VA 22310  
**www.mhra.net**  
 A web-based directory of area therapists and mental health resources including geriatric resources.
- Multicultural Clinical Center.....703-354-0000**  
 6563 Edsall Road  
 Springfield, VA 22151  
**www.mcc.va.com**  
 Outpatient therapy available in wide range of languages including Spanish, Vietnamese, and several Middle Eastern languages. Accepts only Medicaid for home-based services.
- National Mental Health Association (Referrals).....703- 684-7722**  
 2001 N. Beauregard Street, 12<sup>th</sup> Floor  
 Alexandria, VA 22311  
 Information and referral on mental health services.
- Northern Virginia Family Service (NVFS).....703-370-3223**  
 5249 Duke Street, Suite 308  
 Alexandria, VA 22304  
**www.nvfs.org**  
 Counseling on a sliding scale fee. Healthy family services.
- Northern Virginia Mediation Service.....703-993-3656**  
 George Mason University  
 4260 Chain Bridge Road  
 Fairfax, VA 22030-4444  
**www.gmu.edu/departments/icar**  
 Alternative dispute resolution.
- Pastoral Counseling and Consultation Centers of Greater Washington.....202-234-0202**  
 3017 Chain Bridge Road  
 Post Office Box 39  
 Oakton, VA 22124  
**www.pastoralcounseling.com**  
 Individual, marital, couples and family counseling.

- Support Group Listing.....703-838-0920**  
Information regarding support groups from the Office of Aging and Adult Services.
- Widowed Persons Services of Northern Virginia.....703-281-9595**  
Support for newly widowed individuals including telephone assistance, monthly meetings, and special activities.

## **INPATIENT AND DAY TREATMENT PROGRAMS**

Psychiatric inpatient and daytime programs designed to meet needs of (older) persons experiencing mental and behavioral difficulties. Fees for service. Third party reimbursement.

**Behavioral Health Services of Northern Virginia Community Hospital.....703-578-2300**  
601 South Carlin Springs Road  
Arlington, VA 22204  
24-hour acute psychiatric inpatient program and partial hospitalization program for seniors.

**Behavioral Healthcare Services of Potomac Hospital.....703-583-3000**  
3421 Commission Court, Suite 202  
Lake Ridge, VA 22192  
**www.potomachospital.com**  
Partial hospitalization programs available.

**Dominion Hospital.....703-538-2872**  
2960 Sleepy Hollow Road  
Falls Church, Virginia 22044  
**www.dominionhospital.com**  
Offers senior adult inpatient and partial hospitalization programs, free mental health information and referral, geriatric evaluations, and home visits by psychiatric nurses.

**Fairfax Partial Hospital Program.....703-698-2916**  
Inova Fairfax Hospital  
3300 Gallows Road  
Falls Church, VA 22042  
**www.inova.org**  
Psychiatric day hospital for adults, M - F

## **EMERGENCY AND CHECKING SERVICES**

**Police/Fire/Rescue Squad.....911**

**Alexandria Fire Department.....703-838-5594**  
Operation be S.A.F.E. (Safety Awareness for Everyone). A program designed to prevent and reduce personal injuries and property loss through free-in home educational tours.

**Alexandria Police Department.....703-838-4520**  
Crime Prevention/Community Relations Section conducts security surveys and provides information on preventing crime.

**Adult Protective Services.....703-838-0778**  
Investigates complaints of abuse, neglect, exploitation or self-neglect of elderly persons, a section of the Department of Human/Social Services.  
**After Hours Toll Free Number.....1-888-832-3858**  
**1-888-83-ADULT**

**CrisisLink.....703-527-4077**

**www.crisislink.com**

A free 24-hour, confidential and anonymous listening and referral service.

**Domestic Violence Hotline (Alexandria Office on Women).....703-838-4911**

A 24-hour domestic violence hotline.

**www.alexwomen.com**

**Elderly Victim Assistance Program, American Red Cross (EVAP).....703-549-8300**

Provides counseling and financial needs assessment for elderly crime victims.

Police referral and crisis assistance.

**Emergency Room, INOVA Alexandria Hospital.....703-504-3066**

4320 Seminary Road

Alexandria, VA 22304

**www.inova.org**

Some ambulatory cases referred to Express Care, 703-845-4830, open 9:00 a.m. to 10:00 p.m., seven days a week.

**Emergency Shelters (See Housing Section, pp. 20- 21)**

**Life Safety Alert System.....703-838-0920**

Allows elderly and disabled Alexandria residents to call for help in an emergency.

Includes fire alarm. For assessment for program eligibility **call the Aging Office at 703-838-0920**. For information about the system call 703-838-4600. Program is jointly run by the Alexandria Fire Department and the Office of Aging and Adult Services.

**Friendly Visitor Program.....703-549-8300**

Elderly persons are visited by volunteers on a regular basis. Contact the Alexandria Chapter of the American Red Cross.

**Sexual Assault Hotline (Alexandria Office on Women).....703-683-7273**

A 24 hour sexual assault hotline.

**www.alexwomen.com**

## **EMPLOYMENT AND INCOME ASSISTANCE**

**Alexandria Office on Women.....703-838-5030**

110 N. Royal Street, Room 201

Alexandria, VA 22314

**www.alexwomen.com**

Offers job search counseling, employment, support group, and job seeker workshop for Alexandria women.

**Direct Deposit for Social Security Checks.....703-274-0029/0025**

**www.ssa.gov**

Senior citizens are encouraged to use Direct Deposit to checking or savings accounts to prevent delay or theft. Any federal benefit payment may be received by Direct Deposit; inquire at any bank. Call local **Social Security Administration** at above numbers.

**Elder Crafters Of Alexandria, Inc.....703-683-4338**

405 Cameron Street

Alexandria, VA 22314

**www.eldercrafters.com**

A not-for-profit consignment shop for the marketing of hand crafted articles made by persons 55 and over. Open Tuesday through Saturday. Craft classes available for persons willing to teach skills to other seniors.

**Experience Works (formerly Green Thumb, Inc).....703-522-7272**

2200 Clarendon Blvd, Suite 1000

Arlington, VA 22201

**www.experienceworks.org**

Job placements for seniors through "Experience Works" staffing service.

**Individual/Family Services – benefit programs.....703-838-0700**

Alexandria Department of Human Services

2525 Mount Vernon Avenue

Alexandria, VA 22301

**www.ci.alexandria.va.us**

Eligibility services for Virginia public benefits, including Medicaid, Food Stamps, General Relief, and Auxiliary Grants. Hours 8-5 M, Tu, W, and F; 1-5 Th.

**JobLink.....703-838-4316**

2914 Business Center Drive

Alexandria, VA 22314

**www.ci.alexandria.va.us**

Operates a Title V Senior Employment Program that provides part-time employment at minimum wage to low-income persons 55+ to teach new jobs skills. Also operates the Employment Resource Center which lists current job vacancies from area employers.

**Pension Rights Center.....202-296-3776**

1140- 19<sup>th</sup> Street, N.W., Suite 602

Washington, DC 20036

**www.pensionrights.org**

Non-profit organization helps with pension questions and problems.

**Senior Services of Alexandria.....703-836-4414**

121 N. Saint Asaph Street

Alexandria, VA 22314

**www.seniorservicesalex.org**

Employment counseling and job placement, including home care placements, for persons aged 55 and over.

**Social Security Administration.....1-800-772-1213**

6295 Edsall Road, Suite 220

Alexandria, VA 22304

**www.ssa.gov**

Administers Social Security, Retirement and Survivors Insurance, Disability Insurance and Supplemental Security Income (SSI). Assists applicants in filing for benefits and answers inquiries.

**Local Numbers.....703-274-0029 or 0025**

**\*TTY.....1-800-325-0778**

**Social Services.....703-838-0700**

2525 Mount Vernon Avenue

Alexandria, VA 22301

**www.ci.alexandria.va.us**

Eligibility services for Virginia public benefits, including Medicaid, Food Stamps, General Relief, and Auxiliary Grant.

**Virginia Employment Commission Job Service.....703-813-1300 or 1399**

5520 Cherokee Avenue, Suite #100

Alexandria, VA 22312

**www.vec.state.va.us**

Referral, placement and screening services for work-ready applicants; unemployment benefits, counseling and related vocational and aptitude testing.

## **FOOD AND NUTRITION**

### **Food Stamps/Food Stamp Fraud.....703-838-0700**

2525 Mt. Vernon Avenue  
Alexandria, VA 22301

Applications taken by Family Services Eligibility Unit.

### **Liquid Supplement Program.....703-838-0920**

Once a month delivery of “Resource” liquid food supplement (3 flavors available) for low- income persons aged 60+ who are unable to prepare meals and have a doctor’s prescription for the supplement. Call the Aging Office at the number above.

### **Meals On Wheels/Home Delivered Meals.....703-838-0920**

Provides two nutritious meals, one hot and one cold, delivered at Mid-day Mondays through Fridays. Charge can be adjusted for those unable to meet cost. Service is for homebound persons. **Call Aging Office at 703-838-0920** if subsidy needed.

### **Nutrition Education.....793-519-3325**

Alexandria Cooperative Extension Office

1108 Jefferson Street

Alexandria, VA 22314

**www.ext.vt.edu**

Free nutrition education for individuals and groups.

### **Senior Nutrition Sites**

Two senior centers provide low cost, nutritionally sound meals for seniors 60+ and their spouses. Contributions are voluntary (**See Senior Centers Section, p. 26**).

### **SHARE (Self Help and Resource Exchange).....301-864-3115**

A cooperative food program which enables registered participants, to obtain \$30-\$35 worth of food once a month at a bargain rate. Participants pay \$14.00 in cash or food stamps and are responsible to perform at least two hours of monthly community service in return.

Call the **Office of Community Services, 703-838-0901** for information on other Alexandria Food and Clothing Resources.

## **HEALTH AND LONG-TERM CARE SERVICES**

### **ADULT DAY SERVICES AND RESPITE CARE**

#### **Alexandria Adult Day Services Center.....703-838-4224**

1108 Jefferson Street

Alexandria, VA 22314

Day services for older persons who should not be home alone. Program provides a safe, supervised environment, therapeutic activities, health monitoring by a Registered Nurse, and respite for caregivers. Medicaid payment accepted; sliding fee scale for low-income Alexandria residents. Transportation can be arranged through the City DOT Program.

#### **Alzheimer’s Family Day Center (Formerly the Family Respite Ctr).....703-532-8899**

2036 Westmoreland Street

Falls Church, VA 22043

**www.alzheimersfdc.org**

Day care for Alzheimer’s patients and home companion program. Support groups and caregiver classes. Special emphasis on early and late stage Alzheimer’s.

**Many assisted living facilities, continuing care retirement communities, and nursing homes offer overnight respite care. (See Housing Section, p. 19-21).**

## CAREGIVER RESOURCES

**Children of Aging Parents (CAPS).....1-800-227-7294**  
**www.caps4caregivers.org**

**National Alliance for Caregiving.....301-718-8444**  
**www.caregiving.org**

**National Family Caregivers Association.....301-942-6430**  
**www.nfcacares.org**

**Well Spouse Foundation.....202-942-1796**  
**www.wellspouse.org**

Hosts support groups in Metro area specifically for spouses caring for chronically ill spouses.

## CLINICS

**Alexandria Health Department.....703-838-4400**

517 N. Saint Asaph Street  
Alexandria, VA 22314

Services include Medicaid pre-admission screening, blood pressure screening, blood sugar testing, chest clinic, speech therapy, home visits for counseling and supervision of health conditions.

**Arlandria Health Center.....703-519-1725**

3804 Executive Avenue # D-1  
Alexandria, VA 22305

Health center for all ages, genders, all insurance accepted; no City residency requirement.

**Casey Clinic (Flora Krause Casey Health Center).....703-519-5979**

1200 N. Howard Street  
Alexandria, VA 22304

General medical and specialty care to Alexandria residents who meet State income guidelines. Services include clinics for medical, surgery follow-up, urology, ear, nose & throat, allergies, oncology, nutrition counseling, audiology screening, and pharmacy.

**Dialysis Center.....703-370-8250**

4141 Duke Street  
Alexandria, VA 22304

Provides kidney dialysis, CAPD home dialysis and support services.

**Queen Street Clinic.....703-299-9701**

1000 Queen Street (Intersection of Patrick (Rt. 1 N) and Queen Street  
Alexandria, VA 22314

Clinic for the medically uninsured. Office visit is \$45.00. Full check-ups and diagnoses, Any illness or concern, all ages, male or female, walk-ins or appointments. Open Monday – Saturday.

## DENTAL CARE

**Alexandria Dental Clinic.....703-838-4420**

Health Department  
517 N. Saint Asaph Street  
Alexandria, VA 22314

Extractions and emergency dental help, referrals for low-income clients.

**Howard University Dental Clinic.....202-806-0025**  
600 W Street, N.W.  
Washington, D.C. 20059  
Comprehensive dentistry. Call for rates.

**Northern Virginia Community College Dental Hygiene Clinic.....703-323-3349**  
Annandale Campus  
Building CT, Room 109  
8333 Little River Turnpike  
Annandale, VA 22003  
Free routine preventive services such as examination, cleaning, polishing and oral cancer screening, performed by students under supervision.

**Northern Virginia Dental Clinic (Referrals).....703-838-0901**  
5827 Columbia Pike Suite #405  
Falls Church, VA 22041  
Preventive dental exams, regular dental care, and dentures. Sliding scale fees. Referral needed by Departments of Health; Human Services, and Mental Health - Mental Retardation - Substance Abuse. Call to be placed on waiting list.

**Northern Virginia Dental Society..... 703-642-5297**  
Dental referrals including Medicaid; denture assistance for Medicaid recipients, aged 60+  
**www.nvds.org**

**Virginia Board of Dentistry.....1-804-662-9906**  
Regulates dental practice in Virginia.  
**www.dhp.state.va.us**

## **GERIATRIC CARE MANAGEMENT**

Geriatric care managers provide a wide range of services including client assessment, coordination and monitoring of in-home services, and crisis intervention. Provider list available from the **Office of Aging and Adult Services/Agency on Aging at 703-838-0920** or contact one of the organizations listed below.

**Case Management Society of America.....1-501-225-2229**  
8201 Cantrell Road, Suite #230 **Fax # 501-221-9068**  
Little Rock, AR 72227-2448  
**www.cmsa.org**

**National Association of Professional Geriatric Care Managers.....1-520-881-8008**  
1604 N. Country Club Road **Fax # 520-325-7925**  
Tucson, AZ 85716-3102  
**www.caremanager.org**

## **GERIATRIC EVALUATIONS**

**Alexandria Mental Health Center.....703-838-6400**  
720 N. St. Asaph Street  
Alexandria, VA 22314  
Geriatric evaluation team provides a professional assessment of mental health and substance abuse problems, makes referrals to appropriate services.

**Dominion Hospital.....703-538-2872**  
2960 Sleepy Hollow Road  
Falls Church, VA 22046  
**www.dominion.com**  
Assessments conducted at the hospital. Third party payments accepted.

**George Washington University Geriatric Center.....202-741-2222**  
 2150 Pennsylvania Avenue, N.W., Room 5-425  
 Washington, D.C. 20037  
**www.gwhospital.com**  
 Medical and psychiatric evaluations of the elderly. Call for appointment.

**Georgetown University Hospital.....202-687-8609**  
 Geriatric Psychiatry Program  
 3750 Reservoir Road, N.W.  
 5th Floor, Kober-Cogan Building  
 Washington, D.C. 20007  
**www.georgetownuniversityhospital.org**  
 Psychiatric evaluations conducted on Tuesdays by appointment. Third party payments accepted.

## **HEALTH EDUCATION RESOURCES**

**Alzheimer's Association of the National Capital Area.....703-359-4440**  
 11240 Waples Mill Road Suite 402  
 Fairfax, VA 22030  
**www.alz-nca.org**  
 Patient care information and support groups for families of Alzheimer's patients in all stages of dementia.

**Alzheimer's Disease Education & Referral Center.....1-800-438-4380**  
 P.O. Box 8250  
 Silver Spring, MD 20907-8250  
 Information on diagnosis, treatment, and research of Alzheimer's Disease. Services for patients and families.

**American Cancer Society.....703-938-5550**  
 124 Park Street, S.E.  
 Vienna, VA 22180  
**www.cancer.org**  
 Services to cancer patients and their families including education, patient services and rehabilitation. Transportation to treatment.

**American Diabetes Association.....703-549-1500**  
 1701 North Beauregard Street  
 Alexandria, VA 22311  
**www.diabetes.org**  
 Provides information and advice to people with diabetes and their families, including books, booklets, brochures, reprints, and magazine articles; plus nutrition information and recipes.

**American Heart Association.....703-941-8500**  
 7203 Poplar Street  
 Annandale, VA 22003  
**www.americanheart.org**  
 Information on heart disease and stroke, blood pressure screening, CPR and nutrition classes.

**Arthritis Foundation (Metro Washington Chapter).....202-537-6800**  
 2011 Pennsylvania Avenue- 6<sup>th</sup> Floor  
 Washington, DC 2003  
**www.arthritis.org**  
 Information and education on arthritis and related disease, self-help courses and support groups.

**Center for Quality Health Care Services and Consumer Protection.....1-804-367-2102**  
 Acute Care Division responsible for licensing, certification, and inspection of home-care agencies, hospices, and hospitals. Long-Term Care Division responsible for licensing, certification, and inspection of nursing homes and hospitals with Long-Term Care facilities. Call the Complaint Line, 1-800-955-1819, with complaints about any of the above.  
[www.vdh.state.va.us/quality](http://www.vdh.state.va.us/quality)

**EyeCare America.....1-800-222-3937**  
 Referral for eye care for needy persons 65 and older.  
[www.eyecareamerica.org](http://www.eyecareamerica.org)

**Heartline Information.....1-800-432-7854  
 or 1-800-HEART-LI**

**INOVA Alexandria Health Information Library (Recorded).....703-204-3330**  
[www.inova.org](http://www.inova.org)  
 Recorded library of medical information.

**INOVA Healthsource.....703-204-3366**  
[www.inova.org](http://www.inova.org)  
 Information on health education classes, SHARE health promotion memberships.

**National Cancer Institute.....1-800-422-6237**  
[www.nci.nih.gov](http://www.nci.nih.gov)  
 Free cancer information in English and Spanish.

**National Council on Patient Information & Education.....1-301-656-8565**  
 4915 St. Elmo Avenue, Suite 505  
 Bethesda, MD 20814-6053  
[www.talkaboutrx.org](http://www.talkaboutrx.org)  
 Consumer information about prescription medicines.

**National Institute on Aging Information Center.....1-800-222-2225**  
[www.nia.nih.gov](http://www.nia.nih.gov)  
 Pamphlets and reports on health promotion, disease, and planning for later years.

**Office of Aging and Adult Services.....703-838-0920**  
 Offers health promotion information on living with Arthritis, fall prevention, depression, home safety, mammograms, medication management and safety, HIV/AIDS awareness, diabetes, Alzheimer's Disease, etc.

**Senior Health Access Resources & Education (SHARE).....703-204-3366**  
[www.inova.org](http://www.inova.org) INOVA Alexandria Hospital  
 Membership program of INOVA Health Source for persons 50+ to promote healthy lifestyles for seniors. Includes health and service discounts, health screenings, newsletters, emergency ID card, and educational presentations. Moderate one-time fee.

**Y-ME Breast Cancer Organization of the National Capital Area (Hotline).....703-461-9616**  
 6000 Stevenson Avenue Suite #304  
 Alexandria, VA 22304  
[www.y-me.org/nationalcapitalarea](http://www.y-me.org/nationalcapitalarea) or E-Mail: [y-me1986NCA@AOL.Com](mailto:y-me1986NCA@AOL.Com)  
 Breast cancer information and support.

# HEALTH INSURANCE, ASSISTANCE AND COUNSELING

**VICAP (Virginia Insurance Counseling and Assistance Program).....703-228-1732**  
Volunteers provide **free Medicare/Managed Care Education and counseling** regarding health insurance options and assistance with medical insurance forms. Educational workshops offered to public on insurance issues.

**State Health Insurance Assistance Program (SHIP).....1-800-552-3402**

## Medicaid

**To find Doctors who accept Medicare assignment (payment in full) or Medicaid see the Doctor/Physician Referral Section, p. 24.**

**Medicaid.....703-838-0700**  
Department of Human Services  
2525 Mt. Vernon Avenue  
Alexandria, VA 22301  
**www.ci.alexandria.va.us**  
Comprehensive program of medical and health care for needy persons.

**Medicaid Fraud.....703- 838-0700**  
Department of Human Services  
2525 Mount Vernon Avenue  
Alexandria, VA 22301

**Medicaid/Medicare Fraud Hotline.....1-800-HHS-TIPS**  
Office of the Inspector General of the USDHHS **or 1-800-447-8477**  
[www.oig.hhs.gov/hotline.html](http://www.oig.hhs.gov/hotline.html)

**Medicaid Helpline.....1-800-552-8627**  
**www.dmas.state.va.us or 1-804-786-6145**

**Medicaid Transportation Service (Logisticare).....1-866-386-8331**  
Free transportation to medical appointments for people who have Medicaid. Call 48 hours in advance of appointment day. Provide Medicaid card number.

## Medicare

**To find Doctors who accept Medicare assignment (payment in full) or Medicaid - see the Doctor/Physician Referral Section, p. 24.**

**Administar Federal Beneficiary.....1-800-270-2313**  
**www.administar.com**  
Provides information about Medicare coverage of durable medical equipment, 8:00 a.m. - 5:30 p.m., E.S.T.

**Medicare.....1-800-772-1213**  
Social Security Administration **Local Number...703-274-0029/0025**  
6295 Edsall Road, Suite 220  
Alexandria, VA 22304  
**www.ssa.gov**  
Federal health insurance program for persons 65+ and persons of any age with certain disabilities.

**Medicare HMO Appeals Hotline.....1-888-466-9050**

The Medicare Rights Center operates a national Medicare HMO hotline to assist Medicare HMO members who are appealing HMO denials of care or coverage.

**[www.medicarerights.org/maincontentaskmrc.html](http://www.medicarerights.org/maincontentaskmrc.html)**

**Medicare/Medicaid Fraud Hotline.....1-800-HHS-TIPS**

Office of the Inspector General of the USDHHS **or** **1-800-447-8477**

**[www.oig.hhs.gov/hotline.html](http://www.oig.hhs.gov/hotline.html)**

**or call your local Social Security Administration at 703-274-0029 or 0025**

**Medicare Part A Intermediary.....1-877-768-5471**

United Government Services

**[www.ugsmedicare.com](http://www.ugsmedicare.com)**

Information relating to Medicare Part A claims and services. See below for information on Part B claims and services.

**Medicare Part B Claims.....1-800-444-4606**

Trailblazer Health Enterprises, Inc.

**[www.trailblazerhealth.com](http://www.trailblazerhealth.com)**

Medicare information for Part B claims. Information about Part A claims is listed above.

**Medicare Rights Center.....1-212-869-3850**

1460 Broadway, 17 Floor

New York, NY 10036

**[www.medicarerights.org](http://www.medicarerights.org)**

Consumer information, policy facts and trends, news and events.

**Virginia Health Quality Center.....1-800-545-3814**

**[www.vhqc.org](http://www.vhqc.org)**

Community outreach program answers questions about Medicare benefits, patient rights, pre-admission requirements.

## **OTHER INSURANCE RESOURCES/COMPLAINTS SERVICES**

**Center for Quality Health Care Services and Consumer Protection.....1-800-955-1819**

**[www.vdh.state.va.us/quality/complaints](http://www.vdh.state.va.us/quality/complaints)**

Receives complaints about HMOs.

**Medicare/Managed Care Education & Counseling Program (VICAP).....703-228-1732**

Volunteers provide **free Medicare/managed care education and counseling.**

**National Insurance Consumer Helpline..... 1-800-942-4242**

General information about insurance (auto, home, life). Printed literature covers all type insurances. Referrals for all types of insurance, including who to contact about problems.

**State Corporation Commission.....1-800-552-7945**

**Bureau of Insurance**

**or 804-371-9741 Ext # 2**

P.O. Box 1157

Richmond, VA 23209

**[www.state.va.us/scc](http://www.state.va.us/scc)**

Processes inquiries or complaints about insurance. Information about insurance companies and continuing care retirement communities licensed by state.

**Virginia Department of Health Professions.....1-800-533-1560**  
**www.dhp.state.va.us**  
Receives complaints about medical professionals.

## **HEALTH PLANNING**

**Alexandria Long-Term Care Coordinating Committee.....703-838-0920**  
Assures a continuum of community based services for frail elderly. Regular meetings open to public. Call for schedule.

## **HEALTH SCREENING INFORMATION**

**INOVA Alexandria Hospital.....703-504-3000**

## **HOME CARE AND COMPANION SERVICES**

**Companion Services (Agency on Aging).....703-838-0920**  
2525 Mt. Vernon Avenue  
Alexandria, VA 22301  
Companion aides provide free assistance with cooking, cleaning, shopping, and personal care for income eligible persons

**Home Care/Companion Services Packet.....703-838-0920**  
Call Agency on Aging for consumer general information packet.

**Home Care/Companion Services Registry.....703-838-0920**  
There are many agencies and individuals who provide home care services.  
Call the Agency on Aging for information or look in the Yellow Pages

**Senior Services of Alexandria.....703-836-4414**  
121 N. Saint Asaph Street  
Alexandria, VA 22314  
**www.seniorservicesalex.org**  
Helps arrange private companion home care services.

## **HOSPICE PROGRAMS/SERVICES**

**Programs meet needs of terminally ill patients and their caregivers, including nursing care, pain control, symptom management, family support, and bereavement counseling.**

**Community Hospice of Virginia.....Admissions 1-866-234-7742**  
520 N. Washington Street, Suite #400 **Business Office 703-738-5000**  
Falls Church, VA 22046  
**www.communityhospices.org**

**HomeCall Hospice Services, Inc.....703-762-1600**  
**www.homecallinc.com** **\*TTY#HCO 1-800-828-1140**  
**Voice 1-800-828-1120**

**The Hospices of the National Capital Region.....703-383-9222**  
**www.thehospices.org or www.hospiceonline.org**

## **HOSPITALS**

**INOVA Alexandria Hospital.....703-504-3000**  
4320 Seminary Road  
Alexandria, VA 22304  
**www.inova.org**

Provides home healthcare through the INOVA Visiting Nurses Assn. of Northern Virginia.

**Virginia Health Quality Center.....1-800-545-3814**  
Peer review organization monitors the care received by Medicare beneficiaries in hospitals  
**www.vhqc.org**

## **HOUSING**

### **ADULT CARE RESIDENCES/ASSISTED LIVING**

An adult care residence is a facility maintained for the care of four or more adults who are aged, infirm, or disabled. These homes provide room, board, and assistance with many activities of daily living. Call **703-838-0920** for a list of adult care residences in Northern Virginia.

**Birmingham Green.....703-257-0935**  
8605 Centreville Road  
Manassas, VA 20110  
Sixty ambulatory and 16 non-ambulatory beds. Priority given to Alexandria residents.  
Admission through Alexandria Social Services/Agency on Aging Office 703- 838-0920.

**LaBier Assisted Living.....703-370-7555**  
Personalized assistance with all aspects of daily living in these 3 safe homes listed below.  
Staff professionally trained in Alzheimer's care. Small staff-to-resident ratio. Private pay clients only. See list below:

**Ivanhoe House**  
1316 Ivanhoe Street  
Alexandria, VA 22304

**Dawes House**  
5708 Dawes Avenue  
Alexandria, VA 22311

**David Lane House**  
4009 David Lane  
Alexandria, VA 22311

**Sunrise Assisted Living of Alexandria.....703-212-9192**  
3520 Duke Street  
Alexandria, VA 22304  
**www.sunriseassistedliving.com**  
A 95 bed community with individualized care in a home-like environment, special dementia care; short term respite care available. Also offers in-home support services, call **703-786-7473**

## CONTINUING CARE RETIREMENT COMMUNITIES (CCRCs)

These non-profit facilities in Alexandria offer comprehensive residential services to retired persons ranging from independent living to assisted living to nursing care centers.

**Goodwin House.....703-578-1000**

4800 Fillmore Avenue  
Alexandria, VA 22311  
[www.goodwinhouse.com](http://www.goodwinhouse.com)

**The Hermitage in Northern Virginia.....703-820-2434**

5000 Fairbanks Avenue  
Alexandria, VA 22311  
[www.hermitage-nova.com](http://www.hermitage-nova.com)

**The Washington House.....703-379-9000**

5100 Fillmore Avenue  
Alexandria, VA 22311  
[www.washingtonhouse.com](http://www.washingtonhouse.com)

## EMERGENCY SHELTERS

**Alexandria Community Shelter.....703-838-4239**

2355B Mill Road  
Alexandria, VA 22314  
[www.ci.alexandria.va.us](http://www.ci.alexandria.va.us)

65-bed shelter for single men, single women and families.

**ALIVE! House.....703-684-1430**

Shelter for single or married women, with or without children, men with children. Social worker referrals only.

**Carpenter's Shelter.....703-548-7500**

930 North Henry Street  
Alexandria, VA 22314

Shelter for single men, single women, families - winter overnight hypothermia unit.

**Christ House.....703-549-8644**

131 S. West Street  
Alexandria, VA 22314  
[www.ccda.net](http://www.ccda.net)

Soup kitchen offers meals at 5:00 daily, including weekends.

**Eviction Assistance.....703-838-0901**

Human Services, Office of Community Services  
2525 Mount Vernon Avenue  
Alexandria, VA 22301  
[www.ci.alexandria.va.us](http://www.ci.alexandria.va.us)

Furniture storage in eviction cases.

Human Services, Office of Community Services  
2525 Mount Vernon Avenue  
Alexandria, VA 22301  
**[www.ci.alexandria.va.us](http://www.ci.alexandria.va.us)**

**Social Services.....703-838-0700**

2525 Mount Vernon Avenue  
Alexandria, VA 22301  
**[www.ci.alexandria.va.us](http://www.ci.alexandria.va.us)**

## NURSING HOMES

**Birmingham Green.....703-257-0935**

8605 Centreville Road  
Manassas, VA 20110

## Health Care Centers at Continuing Care Retirement Communities (CCRCs)

**Ruxton Health of Alexandria (formerly Integrated Health Services of No.VA...703-684-9100**

900 Virginia Avenue  
Alexandria, VA 22302

**www.ruxtonhealth.com**

**Medicaid Pre-admission Screening.....703-838-0920**

**Woodbine Rehabilitation and Health Care Center.....703-836-8838**

2729 King Street

Alexandria, VA 22302

**www.woodbine.rehab.com**

**or**

**e-mail: woodbine2@erols.com**

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## SUBSIDIZED HOUSING (INDEPENDENT LIVING)

In subsidized, or government assisted HUD housing, tenants pay about 30% of their income for rent. Residents must be 62+ and be income eligible. Call the following for specific rental costs and waiting list information. \* Indicates that clients can apply directly to these for residency.

*Annie B. Rose House.....	703-548-4946
*Claridge House II.....	703-823-5444
*Foxchase of Alexandria.....	703-823-5150
<a href="http://www.4wallsindc.com/virginia/foxchase/foxchase.htm">www.4wallsindc.com/virginia/foxchase/foxchase.htm</a>	
Ladrey Highrise.....	703-549-7115
*Old Towne West.....	703-549-4343
Section 8 Certificates and Vouchers.....	703-549-7115

For a more complete listing of senior housing options in the Washington metropolitan area, call the Agency on Aging at 703-838-0920.

Alexandria Redevelopment and Housing Authority (ARHA).....703-549-7115  
18 Roth Street  
Alexandria, VA 22314  
Rental assistance, subsidized, and public housing for low-income persons.

## OTHER HOUSING RESOURCES/PROGRAMS

Christmas in April/Rebuilding Together Program.....703-836-1021  
2210 Mt. Vernon Avenue  
Alexandria, VA 22301  
**ACinApril@AOL.Com**  
Volunteer program to help low-income elderly and disabled persons fix homes in need of repair.

**Code Enforcement**.....703-838-4360  
Alexandria Fire Department  
Investigates complaints concerning housing code violations, including hoarding.

**Energy Assistance**..... 703-838-0901  
Financial help with utility payments for qualified individuals.

**Eviction Assistance**.....703-838-0901  
Social Services, Office of Community Services  
2525 Mt. Vernon Avenue  
Alexandria, VA 22301  
Furniture storage in eviction cases.

**Fan Care Program**.....703-838-0920  
Program provides fans for low-income persons 60+ with health problems. Sponsored by Virginia Power and the Virginia Department for the Aging.

**Landlord/Tenant Relations (Housing Office).....703-838-4545**  
City Hall, Room 1100  
Alexandria, VA 22314  
Receives, investigates and mediates disputes on rental housing.

**Office of Housing.....703-838-4622**  
2 West Herbert Street  
Alexandria, VA 22305  
Offers interest free home rehabilitation loans and grants to qualified low-income persons with disabilities to make accessibility improvements. Also offers Home Ownership Assistance Program for all eligible residents.

**Real Estate Tax/Property Tax Relief.....703-838-4572**  
Real estate taxes can be forgiven or deferred for qualified persons 65+or totally and permanently disabled. Grants may be obtained by renters. Call above number for information on filing deadlines or for assistance.

**Rent Relief Program.....703-838-0920**  
Grants available for qualified renters 65 and older or those who are permanently disabled. Call the Office of Aging and Adult Services for assistance or filing deadlines.

**Reverse Mortgages**  
Enables older persons to borrow against the equity in their homes to pay for necessities such as home repairs and medical expenses:

**Northern Virginia Consumer Budget & Credit Counseling.....703-836-8772**  
801 N. Pitt Street Suite #117  
Alexandria, VA 22314  
[www.nfcc.org](http://www.nfcc.org)

**Seniors First Reverse Mortgage Specialists.....1-888-458-4450**

**Snow Removal**  
Contact the Alexandria Citizens Assistance Office at **703-838-4800**.

**Washington Area Fuel Fund (WAFF).....703-548-0579**  
Funds available January-May for winter heating bills for qualified persons. Program administered by the Salvation Army.

**Weatherization.....1-540-662-8960**  
**\*TDD 1-800-545-1833 x274**  
Assists older persons in making their homes more energy efficient.

## **LOAN CLOSETS FOR MEDICAL EQUIPMENT**

**American Red Cross, Arlington Chapter (loans equipment outside County)....703-527-3010**  
[www.redcross.org/va/arlington](http://www.redcross.org/va/arlington)

**American Red Cross, Alexandria Chapter.....703-549-8300**  
123 N. Alfred Street  
Alexandria, VA 22314  
[www.redcross.org/va/alexandria](http://www.redcross.org/va/alexandria)

**Catholic Charities (loans equipment outside Arlington County).....703-841-2531**  
3838 Cathedral Lane  
Arlington, VA 22203

**In-Home Medical Supply, Inc.....703-768-4440**  
6911 Richmond Hwy Suite #403  
Alexandria, VA 22306  
Loans wheelchairs, walkers, and other medical equipment on short-term basis.

**Project WORD (Community Connections).....703-525-9673**  
**www.projword.org**  
Provides assistance in accessing community resources to locate equipment and to help with specific challenges.

**Washington Area Wheelchair Society.....301-495-0277**  
Accepts donated medical equipment to be refurbished and loaned out. Assists persons in need of medical equipment to access their insurance and other benefits to provide needed supplies. Also provides referrals to medical equipment suppliers.

## **MEDICAL AND DOCTOR COMPLAINTS**

**Virginia Department of Health Professions.....1-800-533-1560**  
**www.dhp.state.va.us**  
Receives complaints about medical professionals.

## **DOCTOR/PHYSICIAN REFERRALS**

### **Physician/Doctor Referral Services:**

**Alexandria/Fairfax County Medical Society.....703-934-8818**

**INOVA Hospital Doctor Referral ..... 703-204-3366**

**Virginia Hospital Center Doctor Referral (Arlington).....1-877-424-3627**

**These doctor referral services will provide the names and numbers of doctors who accept Medicare or Medicaid.**

## **PHARMACIES**

**American Association of Retired Persons Pharmacy.....202-434-7990**  
601 E. Street, N.W.  
Washington, D.C. 20004  
**www.aarp.org**

Reduced rate medications for members. **Call 202-434-7990** for information and membership, call 1-800-456-2277 to order medicines, or call 1-800-439-4457 to join Member Choice and receive names of participating pharmacies. Call Agency on Aging at 703-838-0920 for names of pharmacies that deliver.

**Pharmacies that deliver:**

**Alexandria Medical Arts Pharmacy.....703-549-4350**  
Call pharmacy for information on delivery requirements.

**Timbermann's Drug Store.....703-549-0091**  
Call drug store for Information on delivery requirements.

**LEGAL AND TAX ASSISTANCE**

**LEGAL ASSISTANCE**

**AARP Legal Services Network.....1-888-687-2277**  
P.O. Box 10084  
Pittsburgh, PA 15290  
**www.aarp.org/lsn**  
Free and reduced cost legal services for AARP members. As a member you can get a free 30 minute consultation with a lawyer in your neighborhood. Write above address for more information. Call between 7 a.m. -12 midnight, ET, M- F.

**Guardianship & Conservatorship Program.....703-836-4414**  
Senior Services of Alexandria  
121 N. St. Asaph Street  
Alexandria, VA 22314  
**www.seniorservicesalex.org**  
Guardianship and Conservatorship for incapacitated adults; bill paying and representative payee services; assistance for family guardians/ conservators; community information and support on guardianship and less restrictive alternatives.

**Legal Services of Northern Virginia.....703-684-5566**  
603 King Street, 4<sup>th</sup> Floor  
Alexandria, VA 22314  
**www.lsnv.org**  
Assists lower income persons and provides programs concerning estates, wills, public benefits and insurance; one time only advice on any topic to persons 60+ regardless of income.

**LEGAL REFERRALS**

**Alexandria Bar Association Lawyer Referral.....703-548-1105**  
**www.alexandriabarassoc.com**  
Referral to members of the private bar. Consultations at a nominal fee.

**Legal Services of Northern Virginia.....703-684-5566**  
**www.lsnv.org**

**National Academy of Elder Law Attorneys (NAELA).....1-520-881-4005**  
**www.naela.com**  
Maintains experience registry (Tucson, AZ).

**Virginia Lawyer Referral Service.....1-800-552-7977**

**Virginia State Bar.....1-804-775-0808**  
**www.vsb.org**

## **INCOME/PERSONAL/REAL ESTATE TAX ASSISTANCE**

### **AARP Income Tax Assistance**

**[www.aarp.org](http://www.aarp.org)**

Free income tax preparation for persons 60 and over by IRS-tested experts.

Call **1-888-AARP-NOW** or **1-888-227-7669**. Enter your zip code for the nearest location for tax assistance. Brings previous year's tax return and current tax materials.

### **Alexandria Department of Social Services.....703-838-0700**

2525 Mount Vernon Avenue

Alexandria, VA 22301

Free income tax preparation assistance for income eligible persons. Call in late January for tax assistance schedule.

### **IRS Tax Information.....1-800-829-1040**

**[www.irs.gov](http://www.irs.gov)**

**\*TDD 1-800-829-4059**

### **Personal Property/Real Estate Tax Relief.....703-838-4572**

Personal property tax for one vehicle assessed at less than \$30,000 may be forgiven for qualified persons 65+ or permanently disabled.

**Real Estate Tax Relief (See Housing Section, p. 23)**

## **SENIOR CENTERS/RECREATIONAL/SOCIAL AND EDUCATIONAL ACTIVITIES**

### **MULTI-PURPOSE SENIOR CENTERS**

**Two multi-purpose senior centers provide education, information, recreation, health and social service screenings, legal assistance, and other activities including shopping and special trips to person aged 60+. A nutritious lunch is served daily. Door to door bus transportation is available. Call either center for more information.**

### **Charles Houston Senior Center.....703-838-4832**

901 Wythe Street

Alexandria, VA 22314

The center serves seniors aged 60+. It offers wellness classes such as yoga and nutrition education, blood pressure screenings, support groups; intergenerational activities; recreational and social activities which include table games, cards, dominoes, Bingo, bowling, fieldtrips and parties. Breakfast and lunch are served daily. Door- to-door bus transportation service to the Center is available. Operated by the Alexandria Redevelopment and Housing Authority

### **St. Martin de Porres Senior Center.....703-751-2766**

4650 Taney Avenue

Alexandria, VA 22304

Non-denominational senior center serving persons aged 60+. The center offers wellness classes such as Tai Chi, exercise; English as a Second Language (ESL) classes; blood pressure screenings; education; support groups; social services, intergenerational programs; Bingo; parties and field trips. A nutritious lunch is served daily. Door to door bus transportation service is available.

## **ALEXANDRIA DEPARTMENT OF RECREATION, PARKS AND CULTURAL ACTIVITIES**

Recreation centers have activities geared toward persons of all ages including trips, special events, classes, and special interest clubs. Fitness and exercise programs are available at many locations. **Call 703-838-4345 for information or call recreation centers directly.**

**Charles Barrett Recreation Center.....703-838-4818**  
1115 Martha Custis Drive  
Alexandria, VA 22302

**Charles Houston Recreation Center.....703-838-4832**  
901 Wythe Street  
Alexandria, VA 22314

**Chinquapin Recreation Center.....703-519-2160**  
3210 King Street  
Alexandria, VA 22302

**\*Cora Kelly Recreation Center.....703-838-6464**  
25 W. Reed Avenue  
Alexandria, VA 22302

**\*Mount Vernon Recreation Center.....703-838-4825**  
2701 Commonwealth Avenue  
Alexandria, VA 22301

**\*Nannie J. Lee Memorial Recreation Center.....703-838-4845**  
1108 Jefferson Street  
Alexandria, VA 22314

**Patrick Henry Recreation Center.....703-751-7052**  
4643 Taney Avenue  
Alexandria, VA 22304

**\*William Ramsay Recreation Center.....703-838-4826**  
5650 Sanger Avenue  
Alexandria, VA 22311

**YMCA..... 703-838-8085**  
420 East Monroe Avenue  
Alexandria, VA 22301

Helps persons remain fit using indoor pool, ladies health center, and the men's athletic club. Discount memberships for seniors.

\* Expanded recreational activities for persons 55+ years of age.

## OTHER SENIOR RECREATION AND SOCIAL ACTIVITIES

**Elder Crafters of Alexandria, Inc.....703-683-4338**

405 Cameron Street

Alexandria, VA 22314

Craft classes for persons willing to teach skills to other seniors. Consignment shop.

### **Senior Book Club**

Meets monthly at 2 p.m. for book discussion at the Black History Resource Center's Watson Reading Room, 638 N. Alfred Street. Contact Parks & Recreation at 703-838-4831 for additional information.

### **Senior Film Series**

Meets monthly to view classics, recent releases, documentaries, and travel films at the St. Martin de Porres Senior Center, 4650 Taney Avenue. Contact Parks and Recreation at 703-838-4831 for additional information.

### **Senior Olympics**

Wide variety of sports and recreation competitions held annually in September for Northern Virginia residents 50+ years of age. Contact Parks & Recreation at 703-838-4831 for additional information.

### **Senior Strength & Conditioning Program**

A 10-week staff lead step-by-step program offering guidance and motivation in developing a personal fitness plan & complete cardiovascular workout. Participants meet twice weekly at the William Ramsay Recreation Center. Program is on-going. Registration required. Contact Parks & Recreation at 703-838-4831 for additional information.

### **Walking & Exercise Club**

Meets regularly for exercise and socialization. Contact Parks & Recreation at 703-838-4831 for additional information.

**There are many other senior programs and social activities offered by the Alexandria Department of Recreation, Parks, and Cultural Activities designed just for seniors. For additional information, to register, or to be placed on a mailing list, call 703-838-4831.**

## EDUCATION OPPORTUNITIES

**Adult Learning Center.....703-461-4179**

25 South Quaker Lane, Room 28

Alexandria, VA 22314

English as a Second Language (ESL) classes for foreign-born persons; basic reading for non-readers and preparation for GED offered. Call for fees.

**Alexandria Community Adult Education.....703-824-6845**

3330 King Street

Alexandria, VA 22302

Tuition may be waived for persons 60+ and not working. Courses include arts and crafts, computers, and business management. Minimal processing, lab, and book fees.

## **Alexandria Public Libraries:**

**Barrett Branch and Outreach Services.....703-838-4555**  
717 Queen Street

**Beatley Central Library.....703-519-5900**  
5005 Duke Street \*TTY 703-519-5918  
**Talking Book Service.....703-519-5911**

**Burke Branch.....703-519-6000**  
4701 Seminary Road

**Duncan Branch..... 703-838-4566**  
2501 Commonwealth Avenue

**The Lloyd House (Barrett Library).....703-838-4577**  
717 Queen Street  
Archival and genealogy research.

**Del Ray Artisan/Nicholas A. Colasanto Center.....703-838-4827**  
2704 Mt. Vernon Avenue  
Alexandria, VA 22301  
A membership art gallery with opportunities to exhibit your artwork, meet people, and volunteer. Call to inquire about activities/programs and whether or not fees are involved.

**Elderhostel-National.....1-877-426-8056**  
11 Avenue de Lafayette  
Boston, MA 02110-1941  
**www.elderhostel.org**  
Elderhostel provides adventures in lifelong learning for older adults through educational travel programs. Call toll-free M – F, 9 a.m. to 9 p.m. for nearest registration point and for more program information.

**Experience Works ( formerly Green Thumb, Inc).....703-522-7272**  
2200 Clarendon Blvd. Suite #1000  
Arlington, VA 22201  
**www.experienceworks.org**  
A national, non-profit organization that provides training and employment services to mature workers. Computer Training Lab offers Information Technology training for older workers. Est.in 1965 as Green Thumb; renamed Experience Works in 2002.

**Fairfax County External Diploma Program.....703-660-2007**  
Bryant High School  
2709 Popkins Lane  
Alexandria, VA 22306  
**www.fcps.edu/adult**  
Earn a high school diploma outside the classroom by demonstrating learned skills. Open to Alexandria residents.

**Learning in Retirement Institute.....703-503-3384**

Kathryn Brooks Center  
4210 Roberts Road  
George Mason University  
Fairfax, VA 22032

**www.gmu.edu/departments/lri**

Classes, seminars, trips and special events for institute members. Annual membership fee.

**Lifetime Learning Institute.....703-503-0600**

Northern Virginia Community College  
8333 Little River Turnpike  
Annandale, VA 22003

**groups.msn.com/LLINova**

Classes, discussion groups. Various locations. Annual membership fee.

**Literacy Council of Northern Virginia, Inc.....703-237-0866**

2855 Annandale Road  
Falls Church, VA 22042

**www.lcnv.org**

Basic reading, writing and ESL offered. One time low participant fee plus book fees for those who can afford to pay. Tutor and student establish convenient location for lessons. Please call for information on LCNV's computer learning center.

**Maturals (Mature Adult Learners).....703-845-6219**

Provides lectures and presentations on a variety of topics and all session leaders are volunteers. Programs are free and open to interested members of the college and the community. Seating is limited, therefore, registration is preferred. Contact: Julia Brown, e-mail: [nvbrowj@nvcc.edu](mailto:nvbrowj@nvcc.edu) or go to [www.nvcc.edu](http://www.nvcc.edu).

**Northern Virginia Community College (Community Education).....703-845-6240**

3001 N. Beauregard Street  
Alexandria, VA 22311

**www.nvcc.edu**

Non-credit courses free to persons 60+ on space available basis if not part of certification program. Limit 3 classes per person. Parking expenses not included. There is a charge for courses specifically organized for seniors.

**St. Martin de Porres Senior Center.....703-751-2766**

4650 Taney Avenue  
Alexandria, VA 22304

Conducts English as a Second Language (ESL) classes for individuals 60 years of age and older.

**CLUBS & NATIONAL ORGANIZATIONS FOR SENIOR CITIZENS**

**Alexandria Retired Teachers Association.....703-250-6515**

E-mail: [DelWM57@BigPlanet.Com](mailto:DelWM57@BigPlanet.Com)

**American Association of Retired Persons (AARP).....1-888-687-2277**

AARP Headquarters **or 1-800-OUR-AARP**

601 E. Street, NW  
Washington, DC 20049

**www.aarp.org**

National advocacy organization for senior citizens. Call toll-free number for local chapter. Office hours are Monday thru Friday 8 a.m. – 8 p.m. EST.

**First Baptist Seniors.....703-299-3610**  
2932 King Street  
Alexandria, VA 22302  
Meets for fellowship, guest speakers, singers, etc. Call for meeting times and locations.

**Good Shepherd Lutheran Church**  
**Young in Heart Club.....703-548-8608**  
100 W. Luray Avenue  
Alexandria, VA 22301  
Club meets for entertainment, educational, and informational programs. Call for additional information.

**National Association of Retired Federal Employees (NARFE).....703-836-8896**  
Alexandria Chapter  
2723 King Street  
Alexandria, VA 22302

**Older Women's League (OWL) National Capital Chapter.....703-783-6686**

**Urban League.....703-836-5512**

### **SERVICES/AGENCIES NOT LISTED ELSEWHERE**

**ALIVE.....703-836-2723**  
2723 King Street  
Alexandria, VA 22302  
Provides food staples on emergency basis, furniture, housewares and limited financial assistance via agency referral. Call 703-541-6156 with furniture requests.

**Arc of Northern Virginia.....703-532-3303**  
Personal Support Network Guardianship Demonstration Project  
100 North Washington Street, Suite 234  
Falls Church, VA 22046  
**www.TheArcofNoVa.Org**  
Private care management agency provides adult guardianship, representative payeeship, power of attorney, support for family guardians, and information on guardianship and alternative services.

**Salvation Army.....703-836-2627**  
1804 Mt. Vernon Avenue  
Alexandria, VA 22301  
Emergency financial aid, canned goods, clothing, range of services to transients and local residents in crisis situations.

**Senior Information Fairs.....703-838-0920**  
During the year the Recreation Department, Agency on Aging and other local agencies hold special events where various agencies share information on services and benefits with seniors. Call for information.

### **SERVICES FOR PERSONS WITH DISABILITIES**

#### **ADVOCACY AND BENEFITS**

**Alexandria Commission on Persons with Disabilities (ACPD).....703-838-0920**  
17 citizen members advocate for the needs of people with disabilities. \*TDD 703-836-1493

**Department for Rights of Virginians with Disabilities..... 1-800-552-3962**  
Protects the rights of persons with disabilities and links them with resources and services.  
**www.vopa.state.va.us**

## **Disability Benefits**

**Social Security Administration.....703-274-0029/0025**

Plaza 500, Suite 190

6295 Edsall Road

Alexandria, VA 22312

**www.ssa.gov**

Provides benefits to workers who are prevented from employment to a severe disability that is expected to last at least one year or result in death. Call for information M-F 9am to 4 pm.

**Virginia Office for Protection and Advocacy.....\*\*Voice/\*TTY 1-800-552-3962**

1910 Byrd Avenue, Suite 5

**or 804-225-2042**

Richmond, VA 23230

**www.vopa.state.va.us**

Helps people with disabilities obtain services and treatment. Protects the rights of persons with disabilities and links them with resources and services to promote independence. Helps with disability-related problems like abuse, neglect, and discrimination.

## **INFORMATION ABOUT ASSISTIVE EQUIPMENT/DEVICES**

**ABLEDATA.....1-800-227-0216**

**www.abledata.com**

**AT&T Special Needs Center.....1-800-872-3883**

Special devices for hearing, sight, and motion impairments. **\*TTY 1-800-833-3232**

**Center for Assistive Technology (Project Link)..... 1-800-628-2281**

**www.nationalmssociety.org/Sourcebook-Center.asp**

**Press 6**

Center operates a free information service that helps people learn about assistive devices and where to get them.

**Job Accommodation Network (JAN).....1-800-526-7234**

**www.jan.wvu.edu**

**National Rehabilitation Information Center (NRIC).....1-800-346-2742**

**www.naric.com**

**Project W.O.R.D (Working and Organizing Resources for People with Disabilities).....**

**.....703-525-9673**

**www.projword.org**

**Virginia Assistive Technology System (VATS).....703-993-4703**

**www.vats.org**

**\*TTY 703-993-3670**

## **BRAIN INJURY SERVICES**

**Brain Injury Services.....703-451-8881**

8136 Old Keene Mill Road, Suite B102

Springfield, VA 22152

**www.braininjurysvcs.org**

**Northern Virginia Brain Injury Association Helpline.....703-569-1855**

P.O. Box 2148

Springfield, VA 22152

**www.nvbja.org**

## EMPLOYMENT AND REHABILITATION SERVICES

**Endeppence Center of Northern Virginia.....703-525-3268**  
3100 Clarendon Blvd  
Arlington, VA 22201  
**www.ecnv.org**

A community-based, non-residential independent living program run by and for people with severe disabilities. Includes information and referral, assistive devices, housing, personal care, peer counseling, independent living skills training and advocacy.

**ICON Employment Services.....703-548-4048**  
Provides individualized support services to help disabled individuals use community resources to promote self-sufficiency. Services provided in home or in the community.  
**www.iconservices.org**

**JobLink (Alexandria's one-stop career center).....703-838-4316**  
2914 Business Center Drive  
Alexandria 22314  
**www.ci.alexandria.va.us/joblink**  
Provides employment assistance services to people with disabilities.

**Service Source Disabilities Job Training.....703-461-6000**  
**www.ourpeoplework.org**  
Provides on-the-job training combined with work, personal, and social adjustment training to prepare individuals with emotional/mental/physical disabilities to enter the competitive labor market.

**Virginia Department of Rehabilitative Services.....703-960-3411**  
5904 Old Richmond Highway, Suite #410  
Alexandria, VA 22303  
**www.vadrs.org**  
Services to assist handicapped persons to become independent through training, job placement, therapy and counseling.

**Virginia Employment Commission.....703-813-1300/1399**  
**www.vec.state.va.us**  
Offers job counseling, testing, and job placement to person with disabilities.  
Rehabilitative representatives and disabled veterans outreach workers available

**Virginia Occupational Therapy Association.....804-346-4840**  
4001 Springfield Road  
Glen Allen, VA 23060  
**www.vaota.org**

## SERVICES FOR BLIND AND VISION IMPAIRED PERSONS

**Low Vision Information Center.....301-951-4444**  
7701 Woodmont Avenue #302  
Bethesda, MD 20814  
**www.lowvisioninfo.org**

**Metropolitan Washington Ear..... 301-681-6636**  
35 University Boulevard East  
Silver Spring, MD 20901  
**www.washear.org**  
Closed circuit radio reading service for the blind, available 7 days a week; audio descriptions of performances at major D.C. theaters; Dial-in-Newspaper reads entire "Washington Post" daily via touch-tone phone.

**Services for Blind and Visually Impaired Persons.....301-589-0894**

8720 Georgia Avenue, Suite 210  
Silver Spring, MD 20910

**www.servicesvi.org**

Provides services including volunteers for reading, home visiting and tape recordings; information and referral; aid and limited rehabilitation service for blind and visually impaired persons. Braille training, mobility training, and peer counseling for newly blind. Also provides services for the elderly.

**Talking Book Service.....703-519-5911**

**Beatley Central Library**

5005 Duke Street  
Alexandria, VA 22304

**www.ci.alexandria.va.us**

This free service-by-mail offers blind and physically challenged individuals reading machines that play professionally recorded specially designed pre-recorded cassette tapes.

**Virginia Department for the Blind & Vision Impaired.....703-359-1100**

Fairfax Regional Office  
11150 Main Street, Suite 502  
Fairfax, VA 22030

**www.vdbvi.org**

Provides rehabilitation, orientation and mobility training, and counseling for the blind and vision impaired.

**SERVICES FOR SPEECH, LANGUAGE & HEARING IMPAIRED PERSONS**

**Alexandria Hearing Center.....\*\*V/T 703-823-3336**

Alexandria Hospital Professional Center  
4660 Kenmore Avenue, Suite 508  
Alexandria, VA 22304

**www.thesoundchoice.com**

Audiological services and hearing aids. Lions hearing aid bank. Fees charged.

**American Speech-Language Hearing Assn. (ASHA)..... 301-897-5700**

10801 Rockville Pike  
Rockville, MD 20852

**www.asha.org**

**1-800-638-8255**

Brochures, booklets, lists of centers for assistive devices, practical tips, referrals.

**Arlington Hearing Center.....\*\*V/T 703-525-1898**

3260 Wilson Boulevard  
Arlington, VA 22201

**www.thesoundchoice.com**

**Association of Late Deafened Adults (ALDA).....\*\*V/\*TTY 703-255-1244**

**Potomac Chapter**

2755 Hill Road  
Vienna, VA 22181

**www.alda.org**

**or**

**e-mail: emccartin@aol.com**

Provides volunteer opportunities, information, brochures, quarterly newsletters and other publications as well as meeting others with hearing loss via e-mail. Also recruits writers.

**"Happy Hands" Seniors Club .....703-522-6663**  
 3951 Pender Drive, Suite 130 **\*TDD 703-358-1743**  
 Fairfax, VA 22030  
**www.nvrc.org**

Social club for hearing impaired seniors meets at the Northern Virginia Resource Center. Sponsors pot luck lunches at the Center the first Wednesday of the month, trips, and other events as scheduled.

**Hearing Aid Help Line.....1-800-521-5247**  
**www.ihsinfo.org**

Sponsored by International Hearing Society. Provides consumer information on hearing aids, hearing loss and a list of specialists in hearing problems.

**Northern Virginia Resource Center for Deaf and Hard of Hearing Persons.....703-352-9055**  
 3951 Pender Drive Suite 130 **\*TTY 703-352-9056**  
 Fairfax, VA 22030  
**www.nvrc.org**

Information and referral, advocacy with public agencies, and community education.

**Northern Virginia Registry of Interpreters for the Deaf.....\*TDD 703-476-8495**

**Self Help for Hard of Hearing People..... 301-657-2248**  
 7910 Woodmont Avenue, Suite 1200 **\*TDD 301-657-2249**  
 Bethesda, MD 20814  
**www.hearingloss.org** or **www.shhh.org**

Education, support and self-help motivation to hard of hearing people.

**Virginia Department for the Deaf and Hard of Hearing.....\*\*V/T 1-800-552-7917**  
**www.vddhh.org** **\*\*V/T 1-804-662-9502**

Provides certified interpreters for the deaf, information and referral, and advocacy for the deaf in relations with other agencies. Outreach services. Voice/TDD Telecommunication services, hand sets and ring signalers Reduced or no cost, based on income.

**Virginia Relay Center.....1-800-828-1140**  
**www.mwc.edu/voice/dialing/vrc.htm** **\*TTY 1-800-828-1120**

Center relays messages between hearing or speech impaired persons and persons without these impairments. Operated by AT&T.

## **SPECIAL POPULATIONS**

**Bienvenidos.....703-931-9740**  
 P.O. Box 3356  
 Alexandria, VA 22302

A private non-profit organization serving as an advocate for the Hispanic community and an information and referral clearinghouse. (Una organización privada sin fines de lucro que sirve como promotora de la comunidad hispana y como centro de referencia e información).

**Catholic Charities.....703-548-4227**  
 131 S. West Street  
 Alexandria, VA 22314  
**www.catholiccharitiesusa.org**

Counseling, immigration casework, advocacy, legal help, information and referral. Spanish and Indochinese interpreters. Financial Assistance. Call for more information.

**Hispanic Committee of Virginia.....703-671-5666**  
5827 Columbia Pike, 2nd Floor  
Falls Church, VA 22041  
**www.hispaniccommitteeofvirginia.org**  
Spanish information and referral. (Informacion para gente quien habla Espanol).

**Jewish Community Center of Northern Virginia (JCCNV).....703-323-0880**  
8900 Little River Turnpike  
Fairfax, VA 22031  
**www.jccnv.org**  
Educational, social and recreational activities for senior adults.

**Jewish Council for the Aging of Greater Washington (JCAGW).....301-881-8782**  
11820 Parklawn Drive, Suite 200 **\*TDD 301-881-5263**  
Rockville, MD 20852  
**www.jcagw.org**  
Provides transportation, home care, and respite care services in Northern Virginia.  
Services are non-sectarian. See Senior Helpline in Consumer Section.

**Jewish Social Service Agency (JSSA).....703-204-9100**  
3018 Javier Road, 2<sup>nd</sup> Floor  
Fairfax, VA 22031  
**www.jssa.org**  
Provides information and referral, counseling, home visit assessments, and friendly  
visiting for older persons.

**Lynn House of Potomac Valley.....703-379-6000**  
4400 West Braddock Road  
Alexandria, VA 22304  
**www.lynnhouseonline.org**  
Christian Science short-term care facility. Sliding scale fees.

**National Caucus and Center on Black Aged, Inc.....202-637-8400**  
1220 L. Street, N.W., Suite 800  
Washington, D.C. 20005  
**www.ncba-aged.org**  
Advocacy for low income and minority older persons.

**Refugee Resettlement Program (Human Services Office) .....703-838-0700**  
2525 Mt. Vernon Avenue  
Alexandria, VA 22301  
**www.ci.alexandria.va.us**  
Medicaid, food stamps and other programs if eligibility criteria are met.

**Refugee Resettlement Program (JobLink).....703-838-4316**  
2914 Business Center Drive  
Alexandria, VA 22314  
**www.ci.alexandria.va.us**  
Provides employment assistance and training and English as a Second Language classes.

**Salvation Army (Korean Services).....703-370-9544**  
6005 Tower Court  
Alexandria, VA 22304  
Korean services and referrals.

**Veterans' Affairs Department.....202-530-9000**  
Regional Office  
1722 I (Eye) Street, N.W.  
Washington, D.C. 20421  
**www.va.gov**  
Veterans benefits, services, and programs. Office serves DC Metropolitan area veterans.

**Veterans' Affairs Department Telephone Assistance Service.....1-800-827-1000**  
**www.va.gov**

**Veterans' Assistance..... 703-549-8300**  
American Red Cross  
123 North Alfred Street  
Alexandria, VA 22314  
Provides referrals for veterans and their family members.

**Veterans' Center (Northern Virginia)..... 703-360-8633**  
8796 Sacramento Drive, Suites D and E  
Alexandria, VA 22309  
Veteran's Center and counseling services.

**Veterans' Community Based Outreach Center (CBOC).....703-360-1442**  
8796 Sacramento Drive, Suites D and E  
Alexandria, VA 22309  
Veteran's clinic and community based outreach center.

## **TRANSPORTATION SERVICES**

**DASH.....703-370-3274**  
**www.dashbus.com** **703-370-DASH**  
City of Alexandria bus system, including after rush hour service to and from Metro Stations.

**Health Department Van.....703-838-4884**  
Shuttle service between health department's St. Asaph Street location and Casey Clinic.

**Medicaid Transportation Service (Logisticare)..... 1-866-386-8331**  
Free transportation to medical appointments for people who have Medicaid. Call 48 hours in advance of appointment day. Provide Medicaid card number.

### **Metro Bus and Rail:**

**Customer Assistance.....202-637-1328**  
**Customer Information.....202-637-7000**  
**General information..... 202-962-1234**  
**ID Card for Riders with Disabilities.....202-962-1245**  
**Service Disruptions and Elevator Outages.....202-962-1212**  
24-hour recorded Metrobus & Metrorail information (detours and changes of services)

**Metro Senior Citizen Reduced Fares (Bus & Rail) Programs. Complete an application for reduced fare programs at:**

**Circulation Desks of Alexandria public libraries - Contact your local library during regular library hours.**

**Old Town Transit Shop.....703-299-6227**  
1775C Duke Street, Alexandria, VA 22314 M- F 7 am – 7 pm

**Senior Services of Alexandria.....703-836-4414**  
 121 N. St. Asaph Street, Alexandria, VA 22314 M- F 9 am - 4:30 pm

**Senior Taxi Service.....703-836-4414**  
 Senior Services of Alexandria  
 Available for trips to doctors, dentists, drug stores or grocery shopping within the City of Alexandria. Call by 3 p.m. the preceding work day to make reservations. Small fee.

**Senior Trolley.....703-838-0920**  
 A bus available to persons 60 and older on specially scheduled routes to shopping and senior centers. Donation requested. Charter service available for fee.

**Taxi Service**  
**Diamond Cab.....703-549-6200**  
**Yellow Cab.....703-549-2500**

**Washington Metropolitan Area Transit Authority (WMATA).....202-637-7000**  
**www.wmata.com \*TDD 202-638-3780**  
 Call for information on metrobus and metrorail schedules. Reduced fares are available with senior citizen I.D. or disability cards. Metrobus cards/applications may be obtained at public libraries or at Senior Services of Alexandria (703-836-4414). Lift bus service, elevators at Metro stations, and other accommodations available via Metro Access disability service. Call 301-588-8182 or \*TDD 301-588-8186 for additional information. Call 202-637-1328 or 202-637-7000 for multi-lingual translation of Metrorail and Metrobus Service.

## **SPECIAL TRANSPORTATION NEEDS**

**Alexandria Department of Transportation and Environmental Services.....703-838-3900**  
 301 King Street (City Hall)  
 Alexandria, VA 22314  
**www.ci.alexandria.va.us**  
 Call for transportation, parking, or environmental matters.

**American Cancer Society.....703-836-5925**  
 Transportation services for cancer patients only.

**DOT ADA Paratransit.....703-838-3800**  
 City of Alexandria taxi cabs or wheelchair accessible van service for persons unable to use public transportation. Must have doctor's certification of disability. DOT provides service throughout Alexandria, Falls Church, Fairfax City and Arlington and Fairfax Counties. Call for additional information.  
**www.ci.alexandria.va.us/tes/ts/dot\_paratransit\_program.html**

**Parking Accommodations for Disabled Persons.....703-761-4655**  
 Department of Motor Vehicles  
 930 North Henry Street  
 Alexandria, VA 22314  
 Virginia permits, decals, registration, and license plates.

**Vehicles with lift equipment to transport persons with disability impairments in Northern Virginia. Fee based on location and service provided.**

**Accessible Transportation of America (lift van rentals only).....1-800-998-9013**  
**Diamond Transportation Services.....703-548-6500**

## **VOLUNTEER PROGRAMS**

**Agency on Aging.....703-838-0920**

Opportunities to work with older persons in Senior Centers or the Adult Day Services Center, or as clerical assistants. Please call the Agency on Aging for more information. Student practicums also available.

**Alexandria Volunteer Bureau.....703-836-2176**

2210 Mount Vernon Avenue  
Alexandria, VA 22301

Opportunities to volunteer with any of over 200 local service agencies.

**Friendly Visitor Program.....703-549-8300**

American Red Cross - Alexandria Chapter  
123 North Alfred Street  
Alexandria, Virginia 22314

Volunteers interested in regularly visiting elderly homebound Alexandria residents.

**Retired & Senior Volunteer Program (RSVP).....703-549-1607**

418 South Washington Street  
Alexandria, VA 22314

Opportunity for persons 55+ to volunteer for interesting assignments within the community with special supporting benefits.

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